



ADRC Nutrition Program: *A fresh start to nutrition*

ADRC Dining Site Locations

- A & H Senior Center **11:00am**715-635-7199
- Grantsburg Senior Center **11:30am**715-463-2940
- Siren United Methodist Church **11:30am** ..715-349-2154
- Amery Congregational Church **11:30am**....715-268-6818
- Milltown Community Center **11:00am**715-825-5025

Serving Times: Mon, Tue, Thurs & Fri

Cost and Details:

60 Years of Age and Older: \$4-\$6/meal donation.
 General Public: \$10/meal

*Please contact your ADRC Dining site for reservations or cancellations at least 24 hours in advance. Menu is subject to change without notice.
 Bread and milk offered with all meals.*

March 2023 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f0e0;"> Grantsburg Senior Center evening meal suspended through winter. See you in spring! </div>		1 All Meal Sites Closed	2 Chicken Stir Fry over Brown Rice w/ Peppers & Onions Snap Peas & Broccoli Grapes	3 Haddock Potato Pancakes Green Beans Mixed Berries
6 Salisbury Steak w/ Gravy Mashed Potatoes Wilted Spinach Whole Wheat Bread Melon	7 Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears	8 All Meal Sites Closed	9 Cook's Choice	10 Mediterranean Salmon Black Bean & Lentil Salad Grilled Asparagus Plum
13 Meatloaf Whipped Potatoes Glazed Carrots Whole Wheat Bread Cinnamon Applesauce	14 Baked Chicken Garlic Tomato Basil Spaghetti Caesar Salad Breadstick Banana Cake	15 All Meal Sites Closed	16 Corned Beef Cabbage Boiled Potatoes Whole Wheat Bread Carrot Cake	17 Bell Pepper Cod Lemon Rice Spanish Beans Whole Wheat Bread Fresh Pineapple
20 Hunter's Stew Boiled Potatoes Dill Carrots Warm Scalloped Apples Wheat Roll	21 Oven-Roasted Chicken w/ Mushroom Gravy Whipped Potatoes Swiss Chard Whole Wheat Bread Peach Cobbler	22 All Meal Sites Closed	23 Cook's Choice	24 Lemon Thyme Cod w/ Dill Sauce Brown Rice Pilaf Green Peas Coleslaw Pineapple Chunks
27 Hearty Sausage & Squash Stew Great Northern Beans Pear Whole Wheat Bread	28 Ham Broiled Dinner Green Cabbage Red Potatoes Carrots Wheat Roll Grapes	29 All Meal Sites Closed	30 Pasta Bolognese Penne Pasta Peas Breadstick Mandarin Oranges	31 Granny Apple Tuna Salad on Whole Wheat Bread Peas & Cheese Macaroni Salad Melon